

# IMPORTANT NOTICE

## (Corrections to September Sharing Tree)

**The kitchen will be closed for shutdown during the week of Labor Day.**

**No lunches will be served that week in the lunch room.**

**The Ted Talk, “Fiddling in reel time,” scheduled for September 8<sup>th</sup> will be shown the following week on Monday, September 12<sup>th</sup>.**

**The cozy corner café will remain open all week for snacks, sandwiches and soups... We apologize for any inconvenience.**

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### Glastonbury Senior Services Dance & Fitness Fall 2016 Class Schedule

Registration for all classes must take place prior to participation in the first class. You can register at the Riverfront Community Center any day, Monday thru Saturday *beginning on, September 1, 2016*. Please note that the Deadline for Registration for the Fall schedule is *September 30, 2016*. All classes will be located at the Riverfront Community Center and are subject to cancellation if not enough students are not pre-enrolled at the time of the first class. For more info call: (860) 652-7638.

CLASS	DESCRIPTION	MEETS	DATES	# OF CLASSES	FEE	
					R	NR
ITALIAN	Learn this beloved Romance language and share the joy! (Prior knowledge of the language is highly recommended for level 2)	Thursdays Level 1 9:00 am Level 2 10:00 am	10/6-12/15	10	\$5.00	\$6.00
LINE DANCING	Explore the many facets and experience the impact of this form of choreographed dance.	Thursday 10:30 am - Noon	10/6-12/22	11	\$60	\$66
PAINT WITH KaReN	Come honor Glastonbury's past with guided help as you paint scenes of famous landmarks.	Saturday 9:30-11:30 am	9/10,9/24 10/8,10/22	2 per month	\$10 ea. + supply fee	\$15 ea. + supply fee
POWERFUL AGING & FITNESS	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wed. & Friday 11:00 am – Noon	10/5-12/16	20	\$85	\$95
STRETCHERCIZE EXERCISE	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tue. & Thursday 1:00-2:00 pm	Ongoing	15	\$35	\$38
TAI CHI INTRO	Learn the basics of this life altering discipline.	Monday 1:30 - 2:15 pm	10/3-12/19	11	\$55	\$60
TAI CHI	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursday 6 – 7 pm	10/6-12/22	11	\$55	\$60
YOGA - HATHA	Yoga can enhance your lifestyle no matter what age; develops self-discipline; can enhance physical and mental health.	Monday & Friday 10:00 – 11:00 am	10/7-12/23	20	\$100	\$110



**CarFit: Helping Mature Drivers Find Their Safest Fit**  
**October 8<sup>th</sup> (9:00 am-12:00 pm)**  
**Riverfront Community Center –**  
**300 Welles St. Glastonbury**

Trained volunteers will lead drivers through a 12-point checklist with their vehicle, recommend personal vehicle adjustments and adaptations, and offer community specific resources and activities that could make their personal vehicles “fit” better or enhance their safety. Occupational Therapists will also be on hand to provide information to older drivers on how to maintain and strengthen driving health. Individual appointments take about 20 minutes and are **FREE!** **Call today for an appointment (860-255-4170).**



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

In this class you will learn concrete steps to increase strength and balance and make changes to reduce risks of falls

**Location:**

Glastonbury Senior Center

**Dates & Time:**

Wednesdays

Sep. 21<sup>st</sup> –Nov. 16<sup>th</sup>

10:00AM- 12:00AM

**Class size limited to 16 participants**

TO REGISTER for this  
FREE PROGRAM

Stop by the office or call (860) 652-7638